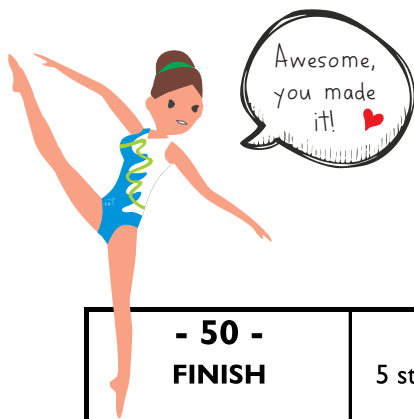


BEAM & ROPE



- 50 - FINISH	- 49 - 5 straight leg raises	- 48 - 10 squats	- 47 - 5 star jumps	- 46 - 3 tuck jumps
- 41 - 10 sec box split	- 42 - 5 sec right leg split	- 43 - 1 bridge lift one leg or bridge kick over	- 44 - 10 sec run but kicks	- 45 - 5 squat jumps
- 40 - 5 jump half turn	- 39 - 1 cartwheel	- 38 - 10 sec hollow hold	- 37 - 5 lunges left leg	- 36 - 2 forward rolls
- 31 - 1 handstand (on wall if needed)	- 32 - 5 times jump off a chair and stick landing	- 33 - 10 sec run high knees	- 34 - 5 sec left leg split	- 35 - 10 jumping jacks
- 30 - 10 sec right side plank hold	- 29 - 5 sec arabesque	- 28 - 3 leaps over a toy	- 27 - 10 curl ups	- 26 - 3 jumps full turn
- 21 - 3 jumps over a toy	- 22 - 5 jumping jacks	- 23 - 10 sec run on the spot	- 24 - 5 donkey kicks	- 25 - 5 sit ups
- 20 - 3 burpees	- 19 - 10 sec arch hold	- 18 - 1 roundoff	- 17 - 3 straddle jumps	- 16 - 10 sec plank hold
- 11 - 15 sec plank hold	- 12 - 3 rock and rolls	- 13 - 10 sec bridge or table hold	- 14 - 5 rock and rolls	- 15 - 3 egg rolls
- 10 - 5 lunges right leg	- 9 - 2 straddle rolls	- 8 - 5 pike toe touches	- 7 - 5 straight jumps	- 6 - 10 sec left side plank hold
- 1 - START	- 2 - 2 forward rolls	- 3 - 5 push ups	- 4 - 10 sec plank hold	- 5 - 3 tuck jumps



Join me for Beam and
Rope an Aspire
interpretation of
Snakes and Ladders

- PLAYING INSTRUCTIONS -
Roll the dice and move that many boxes.
If you land on a rope, climb up! If you land
on a beam, walk backwards to the lower
box showing. Land exactly on the finish
(#50) and you are the winner!

ASPIRE GYMNASTICS DUBAI